

RECURRING PROGRAMS

Problem(s) Addressed	Target Population	Format/Title	Frequency	Date(s)/Location	POC: 6-7804
Dating Violence among adolescents -Understanding dating violence and its causes -Discuss the myths and facts about abuse and violence -Discuss why violence takes place -To develop prevention skills	Grades 8 th -12 th	Class What's Goin' On: Youth and Dating Violence	PRN	9 Sept. 1730 – 1900 @ PAFB Youth Center	T. Martina Porter, MSW, Outreach Manager (FAP)
Experience a variety of ways of dealing with situations; promote insight into our behavior; facilitate appropriate expressions of feelings and to learn to treat yourself fairly as you would treat anyone else -To accept human difference as inevitable -To help lose your fear of conflict -To learn to problem solve instead of wanting to get even -To learn to monitor your communication style -To provide you with the needed tools to increase our interpersonal competence and to allow you to be assertive when you need to be	AD members, spouses, DoD Civilians, Contracto	Class “Achieving Success at work, in Life, one conversation at a time” (Effective Communication)	PRN	13 September 1300-1600 @ PAFB Library	T. Martina Porter, MSW, Outreach Manager (FAP)
To foster healthy development of stepfamily relationships -Recognize stepfamily myths and realities -Navigate the emotional journey -To strengthen couples communication -Discuss the change process regarding/adjustment of the children -To build and maintain family relationships	AD members, spouses, DoD Civilians, Contractors	Stepping Stones for Step Families Seminar	PRN	16 September 0830 – 1630 @ Chapel	T. Martina Porter, MSW, Outreach Manager (FAP)
Understand the violence that occurs in relations and that it can have lethal consequences for victim and batterer alike. -To define the types of abuse/maltreatment -To view the causes of domestic violence -Discuss the effects of domestic violence and children -To discuss why is it so hard to leave -Discuss how we can stop domestic violence in our community	AD members, spouses, DoD Civilians, Contractors	Brown Bag Tuesdays	Annually	4, 11, 18, 25 October Brown Bag Tuesdays (11:15 – 12:30) @ the Chapel	T. Martina Porter, MSW, Outreach Manager (FAP)
For parents to be able to help their children adjust to a new family situation as well as helping themselves to heal -To convey to you that you are not alone -To provide you with positive ways of coping with problems related to separation and divorce -To discuss and relate to the grief process -To discuss the changes in the parent-child relationship -Discuss ways in which you can help your children	AD members, spouses, DoD Civilians, Contractors	Caught in the middle: Children of Separation and Divorce	PRN	4 and 11 October at 1300 – 1600 @ Chapel	T. Martina Porter, MSW, Outreach Manager (FAP)
Learn How to De-escalate Anger Provoking Situations. Manage your Anger and Be More Productive in all Aspects of Life. -Recognizing your anger -Defining emotions -To establish effective Problem solving abilities -To improve your communication skills	AD members, spouses, DoD Civilians, Contractors	“Effectively Controlling and Communication Your Emotions” Anger Management	PRN	24 August – 26 October (Wednesday's) 1400 – 1615 @ Chapel	LaNesa Howard, LCSW, Treatment Manager (FAP)

-To reduce stress and to increase your daily energy level					
Seminar addressing maladaptive use of alcohol	all Peterson complex and USAFA AD Beneficiaries referred to ADAPT	Substance Abuse Awareness Seminar	PRN	(8 hours) 12 Sep 05 @ LSSC	SSgt Jessica Williams or Capt Teresa Hughes (ADAPT)
Aftercare group for all participants in ADAPT program	all Peterson complex and USAFA AD Beneficiaries referred to ADAPT	Aftercare group	weekly	2 hours weekly	SSgt Jessica Williams or Capt Teresa Hughes (ADAPT)
Short-term, focused mental health treatment for AD and dependents	All adult Peterson complex beneficiaries	BHOP	Weekly (ongoing)	Wednesdays, 30 min. appts, from 1330 to 1530	Capt Teresa Hughes (LSSC)

NEW PROGRAMS

Problem(s) Addressed	Target Population	Format/Title	Frequency	Date(s)/Location	POC: 6-7804
Two co-ed process groups (May refer victims of domestic maltreatment, alcoholic's family members or possible personality disorders)	All adult Tri-Care beneficiaries (must have referral from LSSC)	Process Group	Ongoing	Fridays 1200-1330 In LSSC	Capt Teresa Hughes (LSSC)
6 Week course in Stress Management, Relaxation techniques, Assertive communication, Anxiety/Depression management	All adult Tri-Care beneficiaries (do not need a referral from LSSC)	Stress Management	Monthly	Thursdays 1430-1600 in Library	Capt Todd Neu (LSSC)
7 Week Pain Management Course - Learn Cognitive Distraction Techniques - Relaxation Skills - Pacing Behaviors - Medication Education	Chronic Pain Patients	Pain Management	Weekly	Wednesdays 0800 – 0930 beginning 8 Mar 06	Capt Todd Neu (LSSC)
IDS initiative to have trained Unit Representatives to conduct annual suicide prevention briefings	Volunteers	Buddy Care Suicide Prevention Training for Trainers	Annually	TBD	Capt Teresa Hughes (LSSC) or SSgt Bonnie Turner (LSSC)
Current CISM program (under Mitchell Model) is no longer used by Air Force: -All current and new CISM team members must be trained annually on the new program	Volunteers for CISM team (sign up if interested in participation on 21 SW operational team)	CISM Training	Annual	TBD	Teresa Hughes, Capt (LSSC) or SSgt Jessica Williams (LSSC)

Marriage Enhancement -Talk more and fight less -Deepen and protect your friendship -Have a more intimate, sensual relationship -Keep the fun alive, enhance happiness	AD member, spouses, DoD civilians and contractors	Hot Monogamy Marriage Enhancement Class		17 & 18 Nov 05	LaNesa Howard, MSW, LCSW
Reducing Domestic Violence and Sexual Assault in Relationships -Learn the early warning signs of abuse -Understand the cycle of abuse -Discuss acquaintance rape -Talk about drug/alcohol use and violence -Practice how to get help	AD member, spouses, DoD civilians and contractors	The Yellow Dress..... Planning meetings	Monthly	15 Sep 05	LaNesa Howard, MSW, LCSW
For engaged couples or newly married -Learn creative and effective ways to communicate -Define expectations -Explore finances -Learn how to be happy for a lifetime	AD member, spouses, DoD civilians and contractors	Pre-Marriage Seminar “Falling in Love Without Falling on Your Face”		25 Oct 05	LaNesa Howard, MSW, LCSW